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TOURING THE GARMENT DISTRICT, sponsored by L.A. Pierce College; 8:30 a.m.-4 p.m.; $16. Call 884-4455.

ART AS A POLITICAL FORUM presents artist Paula Lumbard in a lecture entitled "Women and War." A slide show exploring the influence of the media on the image of women in pre-war and post-war culture is included. Socialist Community School, 2936 8th St., downtown; 8 p.m.; donation $2. Call 385-0650.

HEAL YOURSELF, participational video showings and demonstrations guided by expert facilitators on nutrition, healing and energy balancing. Titles include *Living Foods, How to Prevent and Control Cancer* and tapes from the Touch for Health Foundation. 3115 Corinth Ave., Mar Vista; Sat.-Sun., June 6-7, 10 a.m.-6 p.m.; $40 a day or $70 for the weekend. Call 391-0438.

REVOLUTIONARY FEMINISM "A Socialist Feminist Answers the Prophets of Doom," a public forum featuring Monica Hill. Channing Hall, 2936 W. 8th St., downtown; 7:30 p.m.; donation $2. Call 935-8638.

Sunday, June 7

KARMA: Oriental Mysticism and How to Integrate It Into Your Life, a talk with Eiko Michi. Freeman Institute, 3122 Santa Monica Blvd., Santa Monica; 7:45 p.m.; $6. Call 829-6718.

AUTHOR JOHN GILMORE (*The Real James Dean, The Garbage People*) will lecture at a meeting of the L.A. Writers Workshop. The Venice Studio, 346 Sunset Ave., Venice; 7 p.m. Call 388-1804.

Monday, June 8

STOP SMOKING GROUP, 8 weeks. Foothill Free Clinic, 30 N. Raymond, Pasadena. Call 796-8888.

Tuesday, June 9

FEMINIST HISTORY MONTH LECTURES continue with writer/activist Sarah Foster, who will discuss "Elizabeth Peele—Early Industrialist of the 18th Century." Dissent, 435½ N. Van Ness Ave.; 8 p.m.; $3. Call 466-3776.

Readings

EL SALVADOR BENEFIT, poetry reading with Doren Robbins and Jack Grapes. Chelsea Book store, 2121 Broadway, Long Beach; Fri., June 5, 8 p.m. Donation proceeds go to the Committee in Solidarity with the People of El Salvador. Call 434-2220.

WORKS BY JAMES SCHUYLER (*The Morning of the Poem, A Nest of Ninniesl*), by a number of L.A. writers of note. Beyond Baroque Foundation, Old Venice City Hall, 681 Venice Blvd., Venice; Fri., June 5, 8 p.m.; free. Call 822-3006.

LESBIAN/FEMINIST POET JUDY GRAHN (*Edward and the Dyke and Other Poems, She Who, The Common Woman, The Motherlords*) will read from her work and discuss ways in which citizens might survive the coming decade. Metropolitan Community Church, 1050 S. Hill St., downtown; Sat., June 6, 8 p.m. $3.50. Call 381-7805.

TRANSLATOR CHRIS CANNADY (*Lakes and Legacies: Poems and Translations*) will read her own poetry as well as her translations of Mexican poet Leon Felipe. George Sand Books, 9011 Melrose Ave.; Sun., June 7, 4:30 p.m.; free. Call 858-1648.

ORIGINAL LANGUAGE POETRY SERIES continues, featuring Polish works by Roman Makarewicz and poems in Russian by Lev Mak, with English translations. Fifth Street Studio Theater, 4157 W. Fifth St.; Sun., June 7, 3:30 p.m.; free. Call 383-7177.

THE POETS' PLACE continues its regular series of readings with works by Richard Meltzer and actress Irene Forrest in a multimedia evening of poetry, music and film. Hyperion Theater, 1835 Hyperion Ave.; Tues., June 9, 8 p.m. $1.50. Call 661-9188.

VENICE JAIL POETRY READINGS continue with John Thomas. Old Venice Jail, 685 Venice Blvd., Venice; Tues., June 9, 8 p.m. Call 822-8560.

Free Fun

POPS CONCERT featuring the Pasadena City College Community Symphony Orchestra and piano soloist David Simpson playing works by Bizet, Grieg, Willson, Lecuna and Gershwin. Sexson Auditorium, 1570 E. Colorado Blvd., Pasadena; Fri., June 5, 8:15 p.m. Call 578-7208.

MUSIC ON THE PLAZA, varied performances of jazz, Dixieland, Country-Western, vocal and chamber music. Dorothy Chandler Pavilion (outside), downtown; Tuesdays and Thursdays at noon, thru Sept. 24. Call 972-7211.

L.A. COMPOSERS' SERIES commemorates the city's bicentennial with the Premiere Chorale presenting works by Stravinsky, Roy Harris, Ella Rose Halloran and Dana Seufert. Gallery Theater, Barnsdall Park, 4800 Hollywood Blvd.; Sat., June 6, 8 p.m. Call 485-2437 for free reservations.

Health *continued from page 22*

Loma Linda University did a very interesting study on a measure of immunity called the phagocyte index. They found that one 12-ounce cola drink will drop the index from 95 to 70, and any time you are under 70 you are susceptible to infection. However, if you take as little as 20 to 50 mg. of vitamin C at the same time as the cola, there will be no drop in the phagocyte index. So we can take a little sugar if we take the antidote at the same time. If you look at whole fruits, which are nature-made sugars, you will find they are virtually all made with vitamin C incorporated in them.

What we learn from this study is that sugar can cause cavities not because of its action on the teeth but because of its action *in* the body on the body's immune system. It makes you wonder; if sugar can give us dental cavities, what other diseases can it give us through reduced immunity?

• Another red flag indicating an imbalance is a late-onset allergy to various foods. We find this when digestive enzymes, particularly pancreatic enzymes, are substantially diminished in the blood. Causes include age (at age 65 we produce 23 percent of the hydrochloric acid we did at 18), stress, a family weakness, and a diet high in refined sugar. The solution is not the elimination of the offending food, but fixing the pancreas.

I must say that the last thing I would want to do is leave someone on a digestive aid for a long period of time. I am more concerned with finding out how to get the body to do its own job. If you don't use something in your body, you lose it, and that goes for everything from your sex organs to your brain. ■

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